

Taos Municipal Schools
Health Services
575-751-8074

H1N1 Information for students, parents and staff

The CDC, Centers for Disease control have released new guidelines to the schools in effort to promote a safer and healthier environment and reduce exposure to influenza during the 2009-10 school year.

The guidelines are intended to reduce the spread of the regular seasonal flu and the H1N1 Virus while “limiting the disruption of school learning and activities”.

The Symptoms of flu and H1N1 Virus

Include: fever > 100, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue.

Strategies are set in place for protection of the students and staff.

These strategies include, but are not limited to:

- **Vaccines**
- **Each person is highly recommended to get two vaccines this fall : one for the regular flu and the H1N1 (the new strain of influenza).**
- Regular flu vaccines will be administered to all students in the schools. We will be administering the “flu mist”. Parents will be receiving consent forms in the early fall. If your child has medical problems you are directed to take them to your physician for their flu vaccine. You may also opt to have your children and yourselves receive their flu vaccine at your (their) physician’s office.
The Department of Health are planning clinics statewide and will be announcing dates, times and locations of clinics where they are scheduled.
As soon as the H1N1 Vaccine is made available, it will be administered at the schools to the students and staff.
- **Handwashing**
- **Handwashing is still the most important tool we have in defense of any illness.**
- **Please stress the importance of good handwashing with warm soapy water and friction for 20 seconds under running water.**
- **Hand sanitizers are recommended to be used and small containers can be carried by the students in their backpacks.**
- **The schools will provide the sanitizers as well, however, the best defense is handwashing and applying lotion to prevent drying and cracking of the skin.**
- **When coughing and sneezing, we are strongly encouraged to use our elbow or sleeve.**
- **If you or your family member are sick, stay home for at least 24 hours after you don’t have a fever without using fever –reducing medication.**
- **Drink plenty of water, clear liquids, ginger ale, gatorade and pedialyte are ok, to keep from becoming dehydrated.**
- **During flu season, do not shake hands, kiss or hug, instead greet friends with a smile!**
- **Flu is spread through coughing and sneezing from person to person contact.**